



Dorothy Downing and Fashion

Running away from ourselves means avoiding our real feelings in a situation. There are many ways of trying to avoid facing our real feelings, kidding ourselves along, so to speak. We will discuss a few.

MANY DENY REAL FEELINGS

I am reminded of one of the most obvious, trying to tell yourself "it doesn't really matter." Watch denial. We do not usually take the effort to deny unless we are trying to kid ourselves. This is a neat way of avoiding our hurts. It doesn't matter or it really didn't bother us at all. Then we do not have to reckon with the painful feelings of rejection, or lack of appreciation, or not belonging.

Next time you hear yourself saying, "but it really didn't bother me or I wasn't really mad about it," ask yourself, "What am I trying to avoid?"

EXPERIENCE REAL FEELINGS

Many times we need to give ourselves permission, so to speak, to experience our real feelings. Recently in talking with a woman, she had related numerous experiences which simply in her description were extremely traumatic situations. When she concluded she said: "But I don't feel sorry for myself."

My response to her was: "Of course you feel sorry for yourself, and why shouldn't you?" She immediately began to cry to experience her real feelings. Naturally there was a great deal of tension involved in this self-deception which needed to be released and understood. This simple act of granting her permission to face her real feelings unlocked the emotion. After the emotion was released she said, "I never realized how sorry I have felt for myself, I thought none of these things bothered me." This is a common counseling situation.

GAIN EMOTIONAL RELEASE

The emotional release this woman gained was a big step in learning to understand and like herself. How did these feelings of self-pity affect her temperament? Mainly, she was extremely sensitive to any type of criticism overly subjective, and she was fearful that people were trying to hurt her. Deep down lay the self-hate and resentments, her disgust toward life was her real feeling for herself underneath it all.

What am I saying? She felt sorry for herself because she hated herself. Mixed up? No, just afraid and hurt, overburdened with outdated feelings and childhood residue. More on running away from ourselves next time.

The Social World ...for and About Women

Agnes Bolter, Editor



(Harry Seeman Photo)
DANCING ON A MARBLE FLOOR . . . was enjoyed by over 100 people attending a Torrance Rod and Gun Club affair at the Tradewinds Cove Saturday night. Among those pictured above are George Hammar, Mrs. Jeff Cox, Mrs. Robert Schultz, and Mrs. Ray Hawkes. The natural beauty of the party's setting, located at White's Point and bordered by a palm-lined beach, was further enhanced by two fireplaces set in rocks.



(Harry Seeman Photo)
BETWEEN DANCES . . . Enjoying a chat with Mr. and Mrs. Maynard Goddin between dances at the Tradewinds Cove last Saturday night is Mrs. H. T. Seeman, center. Affair was sponsored by the Torrance Rod and Gun Club.



(Herald Photo)
NAME THE TUNE . . . that's danceable, says Mrs. Clyde (JoAnne) Anderson on the left, to Mmes. John (Beverly) Willd and Jack (Juanita) Smith on the right. These Jayettes are choosing music for their club's "Cotton 'n' Jeans" dance, to be held Saturday night, July 31, at 8:30 o'clock at the Moose Lodge.

150 Bunny-hop At Fun-filled Street Dance

It was no strange sight Saturday night if you were in the vicinity of Folbar Ave., to see a gay crowd of 150 bunny-hopping down the street. The Torrance Gardens and Plaza Homeowners Association, celebrating the installation of their new street lights, sponsored a street dance for young and old that evening.

Loudspeakers carried fine popular dance music over the streets, and couples took time out from dancing to enjoy potato chips and soft drinks. Mrs. Glenn Amos, one of the committee members working on arrangements, pronounced the evening "a huge success."

Planning the dance were Mr. and Mrs. Rocky Jansak, president of the Homeowners and his wife; Harley Bering, and Mrs. Amos. The Homeowners Association hopes to hold another dance when the lights being installed on other streets are completed.

CAMP AT YOSEMITE

Camping at Yosemite was enjoyed for a few days last week by Mr. and Mrs. Cecil Alter of 1823 Calamar St.

Daughters Barbara and Pat watched the Firefall and other famous Yosemite sights. Along for the fun was their nephew, John Alter, son of Mr. and Mrs. Gerald Alter of 1752 Andrea Ave. The group returned home Saturday.

Saturday Night Cottons 'n' Jeans Dance To Be Staged by JayCettes

Torrance JayCettes, their husbands, other Jaycees, their wives, and friends will don cottons and jeans Saturday night, July 31, for an 8:30 o'clock dance at the Moose Hall, 1744 W. Carson St.

Popular recordings will provide music for dancing, and admission is \$1 per couple. Mrs. John (Beverly) Willd heads the committee in charge, assisted by Mrs. Gordon (Virginia) Jones and Mrs. Jack (Juanita) Smith.

This is the first joint club event sponsored by the JayCettes under the leadership of their new president, Mrs. Howard Percy, who presided over her first meeting last week. During the session, she announced her committee chairmen, who are as follows: Mrs. Smith, publicity; Clyde Anderson, hospitality; Joseph Banks, decorations; Nolan Stuckey, membership; James Cloward, projects; John W. Jones, door prizes; Fred Gartrell, auditor; Keith Pischel, bulletin; Douglas Horlander and Mervin Goettsch, bulletin o-chairmen.

Mrs. Cloward announced that there would be a special meeting at her home on Aug. 3 at 7:30 p.m. to break down the projects chairmanship into three phases. As the Jayceettes have grown so much during the past year, this will enable the newer members to take part in all activities, she said.

The boys and girls enjoyed bingo games and soap bubble blowing contests during the afternoon. Refreshments were a large cake decorated with a cowboy motif and ice cream. Joining in the fun were Karen Hartel, Kerry's sister; Jimmy Reid, Gail Lambert, Kenny and Dennis McPherrin, Gilbert Lambert, Rodger Lockland, Laine Vint, Donna Ayers, Joyce Brown, and Pauline Graves. Assisting Mrs. Hartel with the party was her mother, Mrs. James R. Wilkes.

FORM NEW CLUB TODAY

Organizing their new club at a meeting today, scheduled for 10 a.m. at the Torrance Library, will be members of the Delphian Club.

The new group is a discussion-centered club, with each member conducting a session on various topics. The Delphians have not been organized in Torrance since the war. The national organization runs from a three-year program with weekly meetings.

WILLIAM HEDRICKS ENTERTAIN FRIEND

Entertaining their friend Capt. A. Bacon at dinner Thursday night were Mr. and Mrs. William E. Hedrick, 1744 Arlington Ave.

The naval officer, just returned from a voyage in the Pacific and Japan, visited his family for a few days in Port Arthur, Tex. before stopping off at the Hedricks. He left last week-end for another assignment.



(Herald Photo)
FIVE HEADS ARE BETTER . . . Co-ordinating community welfare projects with their eyes on winning the Sears' Foundation "Build a Better Community" award this year are these chairmen of the Junior Woman's Club, left to right, seated, Mmes. Robert Mowry, Scout Center; Robert Stewart, Dental Health Association; Thurlow Weir, general chairman; standing, left to right, Mmes. Robert Waddell, Torrance Educational Advisory Committee; and Robert Evans, YWCA. Missing from the line-up is Mrs. Paul Winn, who shares the Scout Center chairmanship with Mrs. Mowry.

M. CONDON FAMILY VACATIONS IN NORTH

Mr. and Mrs. M. S. Condon, 20931 S. Halldale Ave., returned last Thursday with their three children after visiting his sister, Miss Margaret Condon, in Washington.

Two weeks in the northern state visiting Miss Condon in Port Angelus and taking in the sights of Seattle. While on tour of Victoria, B. C., Roger, aged 7; Susan, aged 5; and Martin, 3, especially enjoyed a pony cart trip around the island.

Canasta on Agenda At Y-Wives Party

Canasta will be on the entertainment agenda when the Y-Wives meet tonight for a card party at the home of Mrs. David Cook, 3225 Opal Ave. Meeting time is scheduled for 7:30 o'clock, with refreshments to be served during the evening.

Tonight Lomita Women to Take High Posts in New Lodge

Five members of the local Trio Rebekah Lodge will take officers' posts when the Khamsin Zuanna No. 127, Ladies of the Orient, is instituted tonight in the Empire Room of the Wilton Hotel in Long Beach.

Those to be installed, all from Lomita, are Hildur Kinder, Great Ashayhi; Retta Nelson, Queen Ashayhi; Dorothy Rogers, collector of shekels; and Christina Nelson and Irma Powers, trustees.

The new chapter will be instituted by Miss Emma O. Weltsborn, Supreme Ashayhi of Buffalo, N. Y., and her supreme officers from the United States and Canada, Tebessum Zuanna of San Jacinto will have charge of initiation and installation.

Carolina Bond of Downey will be installed as Past Ashayhi and deputy; Jean Collins of South Gate will take the post of Oriental guide; Sally Sorenson of Long Beach will be seated as keeper of shekels; Francis Beck of South Gate will take the prelate's position; and rounding out the trustee roster will be Lavina Newmaster of Long Beach.

A banquet at the Wilton Hotel will precede the institution. Delegate Hildur Kinder and Proxy Retta Nelson will represent Khamsin Zuanna at the convention of the Ladies of the Orient and the men's group, Amos, of the United States and Canada at the Long Beach Municipal Auditorium Aug. 4 through 7.



(Herald Photo)
OFFICERS OF NEW LODGE . . . Talking to Hildur Kinder, right, who will take office as Great Ashayhi of Khamsin Zuanna No. 127, Ladies of the Orient, tonight are other officers of the new lodge, left to right, Olive Veatch, assistant detector; Dorothy Rogers, collector of shekels; Retta Nelson, Queen Ashayhi; and Irma Powers, trustee. All are from Lomita and are members of Trio Rebekah Lodge.

Party Fetes Mrs. Holstin

Neighbors and friends of Mrs. Floyd Holstin gathered under a bower of pastel streamers yesterday to bid the resident of 5121 Zakon Rd. goodbye as she and her family leave for a new home near Lancaster.

Hostess for the day was Mrs. Frank Burk of 5104 Zakon Rd. An original cartoon was presented to the honoree, with caricatures of all those attending pictured on the front, weeping while bidding adieu. Mrs. Holstin was pictured inside, a halo around her head as she waved goodbye. Coffee and doughnuts were served to guests.

The Holstins are moving to Lancaster to be near the North American plant in Palmdale, where Holstin is now employed. The couple has three children, Bobby, aged 18; Barry Dean, 12; and Bobbetta, 15.

Saying goodbye to Mrs. Holstin were Mmes. Edward Thomas, Robert Greham, Tom Muldoon, Frank Renk, Richard Grierson, Jack Mitchell, Richard Dodgson, Preston Nix, Ross Leonard, M. E. Miller, William Wilshire, Jim Clark, Barbara Combs, Marisa Colby, Bill Morris, Ellen Day, Jett, Jim McClune, and Roland White, all of Torrance; Mrs. Grace Epokman of El Segundo.